

# CHAPTER 1

## HISTORY, THEORY, AND RESEARCH STRATEGIES

MULTIPLE CHOICE: PLEASE RECORD YOUR RESPONSES USING A NO. 2 PENCIL ON A SCANTRON

- 1) Developmental science is a field of study devoted to
  - A) proving contemporary theories of development.
  - B) understanding abnormal development in children and adolescents.
  - C) understanding constancy and change throughout the lifespan.
  - D) identifying genetic contributions to disease and illness.
- 2) Theories are vital tools for developmental researchers because they
  - A) ensure proper use of research procedures.
  - B) illustrate the ultimate truth regarding human behavior.
  - C) provide organizing frameworks for our observations of people.
  - D) do not require scientific verification.
- 3) *The \_\_\_\_\_ view of development holds that infants and preschoolers respond to the world in much the same way as adults do.*
  - A) discontinuous
  - B) nature
  - C) continuous
  - D) nurture
- 4) Within the \_\_\_\_\_ view of development, new ways of understanding and responding to the world emerge at specific times.
  - A) discontinuous
  - B) nature
  - C) continuous
  - D) nurture
- 5) Theorists who point to early experiences as establishing a lifelong pattern of behavior emphasize
  - A) stages.
  - B) discontinuity.
  - C) stability.
  - D) continuity.
- 6) Theorists who believe that change is possible and even likely if new experiences support it emphasize
  - A) stages.
  - B) plasticity.
  - C) nature.
  - D) stability.
- 7) The lifespan perspective on development assumes that
  - A) development is static and stable.
  - B) events that occur during infancy and early childhood have the strongest impact on the life course.
  - C) development is affected by a blend of biological, psychological, and social forces.
  - D) individual development is continuous, rather than discontinuous.
- 8) In the lifespan perspective, every age period of human development
  - A) has its own agenda and its unique demands and opportunities that yield some similarities in development across many individuals.
  - B) has a lesser impact on the life course than the earliest age periods.
  - C) is unidirectional and marked by improved performance.
  - D) has a greater impact on the life course than the previous age period.
- 9) Research on resilience shows that
  - A) heredity is more powerful than the environment in protecting children from the negative effects of stressful life events.
  - B) the environment is more powerful than heredity in protecting children from the negative effects of stressful life events.
  - C) interventions must attend to both the person and the environment to strengthen a child's capacity while also reducing hazardous experiences.
  - D) plasticity is limited to infancy and early childhood.

- 10) According to the psychoanalytic perspective, personality development is greatly influenced by
- A) children's ability to listen, remember, and abstract general rules from observed behaviors.
  - B) how children resolve conflicts between biological drives and social expectations.
  - C) children's efforts to achieve equilibrium between internal structures and external stimuli.
  - D) cultural values, laws, customs, and norms.
- 11) Sigmund Freud constructed his psychosexual theory
- A) on the basis of his adult patients' memories of painful childhood events.
  - B) by conducting studies of animal behavior.
  - C) on the basis of interviews with institutionalized children and adolescents.
  - D) by carefully observing his own children.
- 12) One reason that the psychoanalytic perspective is no longer in the mainstream of child development is because
- A) it tells us little about factors that contribute to personality development.
  - B) its theorists were so strongly committed to the clinical approach that they failed to consider other methods.
  - C) contemporary theorists have found that personality development does not take place in stages.
  - D) it fails to recognize the role of the early parent-child relationship in personality development.
- 13) Behaviorism focuses on
- A) unconscious impulses and drives.
  - B) stimuli and responses.
  - C) natural selection and survival of the fittest.
  - D) clinical case studies.
- 14) In classical conditioning,
- A) a neutral stimulus is paired with another stimulus that produces a reflexive response.
  - B) an innate reflex is extinguished.
  - C) unconscious impulses and drives support healthy development.
  - D) a reflexive response is paired with a new stimulus that produces a nonreflexive response.
- 15) According to B. F. Skinner, \_\_\_\_\_ will increase the frequency of a behavior and \_\_\_\_\_ will decrease the frequency of a behavior.
- A) punishment; reinforcement
  - B) reinforcement; punishment
  - C) modeling; reinforcement
  - D) punishment; imitation
- 16) Albert Bandura's social learning theory emphasizes the role of \_\_\_\_\_ in guiding children's responses to particular situations.
- A) conditioned stimuli
  - B) punishment
  - C) cognition
  - D) reinforcement
- 17) According to \_\_\_\_\_ theory, children learn primarily through modeling.
- A) reinforcement
  - B) operant conditioning
  - C) social learning
  - D) classical conditioning
- 18) According to Jean Piaget, \_\_\_\_\_ is the balance between internal structures and information that children encounter in their everyday worlds.
- A) modeling
  - B) maturation
  - C) cognition
  - D) equilibrium
- 19) John Bowlby argued that
- A) behaviors such as smiling, babbling, and crying are innate social signals that encourage parents to interact with their infants.
  - B) infants become attached to their parents because parents are associated with the reduction of primary drives, such as hunger and thirst.
  - C) parents and infants are both instinctively attached to each other.
  - D) attachment patterns are difficult to study in humans.

- 20) A(n) \_\_\_\_\_ is a number that describes how two measures are associated with each other.
- A) correlation coefficient                      B) independent variable  
C) dependent variable                          D) random assignment
- 21) The \_\_\_\_\_ variable is the one the investigator expects to cause changes in another variable.
- A) correlational                                  B) independent  
C) dependent                                      D) stochastic
- 22) A dependent variable is the
- A) one the investigator expects to be influenced by the independent variable.  
B) number that describes how two measures are associated with each other.  
C) number that shows the strength of the relationship between two measures.  
D) one the investigator randomly assigns to represent participant characteristics.
- 23) Random assignment
- A) can compromise an experimental design by exposing the researcher's bias.  
B) assures that participants are assigned to experimental conditions in an unbiased manner.  
C) is impossible to use in experimental designs.  
D) is a control technique that is primarily used in correlational studies.
- 24) The cross-sectional design is an efficient strategy for describing
- A) common patterns in development.  
B) individual differences in development.  
C) age-related trends.  
D) relationships between early and later events and behaviors.
- 25) A major disadvantage of cross-sectional research is that
- A) age-related changes cannot be examined.  
B) participants often drop out before the study is over.  
C) factors affecting individual development cannot be explored.  
D) practice effects often cause biased findings.

## CHAPTER 2

### BIOLOGICAL AND ENVIRONMENTAL FOUNDATIONS

- 26) Directly observable characteristics, such as eye color and height, are called
- A) zygotes.  
B) phenotypes.  
C) chromosomes.  
D) genotypes.
- 27) A genotype is a
- A) physical or behavioral characteristic, determined both by environmental and genetic factors.  
B) directly observable characteristic.  
C) rodlike structure in the cell nucleus that transmits genetic information.  
D) complex blend of genetic information that determines the species and influences unique characteristics.
- 28) Generally, human chromosomes come in \_\_\_\_\_ matching pairs.
- A) 18    B) 21  
C) 23    D) 26
- 29) According to the concept of genetic–environmental correlation,
- A) the environments to which we are exposed determine our genotype.  
B) our genes affect how we respond to the environment.  
C) we tend to seek out social partners with a similar genetic makeup.  
D) our genes influence the environments to which we are exposed.



- 42) Down syndrome most commonly results from
- A) a failure of the twenty-first pair of chromosomes to separate during meiosis.
  - B) increased age of the father.
  - C) oxygen deprivation during or immediately after birth.
  - D) mutation of the genetic material on the twenty-third chromosomal pair.
- 43) The risk of bearing a child with Down syndrome rises dramatically with
- A) poor prenatal care.
  - B) maternal age.
  - C) prenatal tobacco exposure.
  - D) prenatal malnutrition.
- 44) The most common sex chromosome disorders involve
- A) aggressive and antisocial behavior.
  - B) the presence of an extra chromosome or the absence of one X in females.
  - C) spontaneous miscarriage.
  - D) mental retardation.
- 45) Most adopted children
- A) have trouble developing feelings of trust and affection toward their adoptive parents.
  - B) become well-adjusted adults.
  - C) fare better if they are adopted after infancy.
  - D) begin to search for their birth parents during early adolescence.
- 46) For both affluent and low-SES youths, what simple routine is associated with a reduction in adjustment difficulties?
- A) eating dinner with parents
  - B) early bedtimes
  - C) completing homework before dinner
  - D) weekly family night
- 47) Of all Western nations, \_\_\_\_\_ has the highest percentage of extremely poor children.
- A) the United States
  - B) Canada
  - C) Germany
  - D) France
- 48) The rise in homelessness in the United States is largely due to \_\_\_\_\_ and \_\_\_\_\_.
- A) the increasing number of job layoffs; increasing rates of substance abuse
  - B) the decline in low-cost housing; the rise in unemployment
  - C) the decline in low-cost housing; the release of large numbers of mentally ill people from institutions
  - D) welfare reform; increasing health care costs
- 49) Heritability estimates
- A) are likely to exaggerate the role of the environment.
  - B) tend to overestimate the importance of the environment.
  - C) cannot be used to study complex traits, such as intelligence and personality.
  - D) are likely to exaggerate the role of heredity.
- 50) The most serious criticism of heritability estimates is that they
- A) are not applicable to people who do not have siblings.
  - B) can be used only with simple traits, such as eye color and handedness.
  - C) are not relevant to populations whose home, school, and rearing conditions are very similar.
  - D) provide no precise information about how the traits examined develop within individuals.

# CHAPTER 3

## PRENATAL DEVELOPMENT, BIRTH, AND THE NEWBORN BABY

- 51) The period of the embryo lasts from
- A) fertilization to implantation.
  - B) fertilization through the third week of pregnancy.
  - C) implantation through the eighth week of pregnancy.
  - D) the eighth week of pregnancy until birth.
- 52) Research suggests that more active fetuses during the third trimester are more likely to become 2-year-olds who
- A) are easily overwhelmed by sensory stimulation.
  - B) have trouble establishing a regular sleep-wake pattern.
  - C) have irregular eating schedules.
  - D) are less fearful.
- 53) During the embryonic period of pregnancy, teratogens
- A) cause the most serious damage to the developing organism.
  - B) usually affect the growth of sensory organs, such as the eyes and ears.
  - C) usually cause only minor damage to the developing organism.
  - D) have no impact on the developing organism.
- 54) Which of the following is true about the consequences of smoking during pregnancy?
- A) If the smoking mother is in good physical condition, fetal development will likely be normal.
  - B) The best-known effect of smoking during the prenatal period is cancer later in childhood.
  - C) Smoking during pregnancy can increase the likelihood of miscarriage, prematurity, asthma, infant death, and childhood cancer.
  - D) Even if a pregnant woman stops smoking during the last trimester, she cannot reduce the likelihood that her child will be born underweight.
- 55) The more alcohol a woman consumes during pregnancy, the
- A) poorer the child's intelligence and achievement test scores during the school years.
  - B) greater the likelihood of ARND instead of FAS or p-FAS.
  - C) higher the birth weight of the child.
  - D) greater the child's speed of information processing.
- 56) Low-level radiation, resulting from industrial leakage or medical X-rays,
- A) is only harmful when combined with other teratogens.
  - B) can increase the risk of childhood cancer.
  - C) rarely causes lasting damage.
  - D) is safe during the last trimester.
- 57) Pregnant women are advised to avoid \_\_\_\_\_ to reduce the likelihood of mercury exposure.
- A) changing cat litter boxes
  - B) exposure to paint flaking off the walls of old buildings
  - C) exposure to dioxins
  - D) eating swordfish, albacore tuna, and shark
- 58) High levels of prenatal lead exposure are related to
- A) deformities of the gums and nails.
  - B) difficulty in chewing and swallowing.
  - C) breast and uterine cancers in women.
  - D) prematurity, low birth weight, and brain damage.

- 59) Even a tiny amount of dioxin in the paternal bloodstream can cause C
- A) intestinal abnormalities.
  - B) serious birth defects.
  - C) a dramatic change in sex ratio of offspring.
  - D) hearing loss.
- 60) Which of the following is true about prenatal rubella? B
- A) The greatest damage occurs when rubella strikes during the fetal period.
  - B) Brain abnormalities resulting from it increase the risk of severe mental illness in adulthood.
  - C) Routine vaccination has made new rubella outbreaks extremely rare world wide.
  - D) Infection during the embryonic period is less harmful than during other prenatal periods.
- 61) HIV-infected expectant mothers pass the deadly virus to the developing organism \_\_\_\_\_ percent of the time. B
- A) 10 to 20
  - B) 20 to 30
  - C) 40 to 50
  - D) 80 to 90
- 62) Prenatal malnutrition can cause serious damage to the A
- A) central nervous system.
  - B) eyes.
  - C) genitals.
  - D) heart.
- 63) Prenatally malnourished babies frequently B
- A) reject breast milk.
  - B) catch respiratory illnesses.
  - C) have a higher than average birth weight.
  - D) have enlarged hearts.
- 64) If untreated, toxemia can cause A
- A) convulsions in the mother and fetal death.
  - B) extra sugar in the mother's bloodstream.
  - C) swelling of the fetus's face, hands, and feet.
  - D) behavioral problems in adolescence.
- 65) Infants born to mothers who did not seek timely prenatal care are five times more likely to \_\_\_\_\_ than those whose mothers received early medical attention. B
- A) be born overweight
  - B) die
  - C) be born underweight
  - D) have genetic abnormalities
- 66) Compared to full-term infants, preterm babies D
- A) have chubbier cheeks and larger eyes.
  - B) are at a lower risk for child abuse.
  - C) are more often held close, touched, and talked to gently.
  - D) are less often held close, touched, and talked to gently.
- 67) The United States has the most up-to-date health care technology in the world and is currently ranked \_\_\_\_\_ in international infant mortality. D
- A) first
  - B) seventh
  - C) fifteenth
  - D) twenty-sixth
- 68) Each country that outranks the United States in infant survival B
- A) has better health care technology.
  - B) provides all its citizens with government-sponsored health care benefits.
  - C) offers expectant parents just six weeks of childbirth leave.
  - D) offers fewer social and economic supports to new parents.
- 69) A \_\_\_\_\_ is an inborn, automatic response to a particular form of stimulation. A
- A) reflex
  - B) state of arousal
  - C) cry
  - D) movement pattern

- 70) The Babinski reflex D  
 A) prepares the infant for voluntary reaching.  
 B) disappears within two months after birth.  
 C) may have helped infants cling to their mothers in human evolutionary past.  
 D) appears when an infant's foot is stroked on the sole from toe to heel.
- 71) Which of the following is true about REM sleep? A  
 A) REM sleep is vital for growth of the central nervous system.  
 B) During REM sleep, the body is almost motionless.  
 C) REM sleep accounts for 20 percent of a newborn baby's sleep time.  
 D) During REM sleep, the heart rate, breathing, and brain-wave activity are slow and even.
- 72) Healthy babies often cry A  
 A) at the sound of another crying baby.      B) in shrill, piercing tones.  
 C) because they are bored.                      D) all night long.
- 73) Early medical records of SIDS babies reveal B  
 A) a family history of chromosomal abnormalities.  
 B) higher rates of prematurity and low birth weight, poor Apgar scores, and limp muscle tone.  
 C) they were born after their due date and had higher than average birth weights.  
 D) they often cried or whimpered in their sleep.
- 74) Parents can reduce the likelihood of SIDS by C  
 A) tightly swaddling their infants during sleep.  
 B) making sure their infants do not have pacifiers when sleeping.  
 C) placing infants to sleep on their backs.  
 D) adding pillows and blankets in the cribs.
- 75) Which of the following is supported by research on colic? D  
 A) Colic is usually a sign of central nervous system damage.  
 B) Infants with colic tend to have persistent low-pitched cries.  
 C) Colic usually subsides between 3 and 6 weeks.  
 D) Newborns who react especially strongly to unpleasant stimuli are at risk for colic.

## CHAPTER 5

### COGNITIVE DEVELOPMENT IN INFANCY AND TODDLERHOOD

- 76) During \_\_\_\_\_, children use their current schemes to interpret the external world, whereas in \_\_\_\_\_, children create new schemes or adjust old ones after noticing that their current ways of thinking do not capture the environment completely. A  
 A) assimilation; accommodation                      B) equilibration; disequilibrium  
 C) adaptation; organization                              D) accommodation; assimilation
- 77) According to Piaget, a \_\_\_\_\_ is a means of building schemes in which infants try to repeat chance motor behaviors again and again. B  
 A) sensorimotor response                                  B) circular reaction  
 C) mental representation                                  D) goal-directed behavior
- 78) One of the greatest drawbacks of the information-processing approach is its difficulty with B  
 A) breaking down children's thoughts into precise procedures.  
 B) integrating information into a broad, comprehensive theory.  
 C) analyzing cognition into its components.  
 D) implementing rigorous research procedures.

- 79) According to Vygotsky, children master activities through A
- A) joint activities with more mature members of their society.
  - B) interaction with the physical environment.
  - C) operant conditioning and modeling.
  - D) trial and error.
- 80) According to Vygotsky, \_\_\_\_\_ is a range of tasks that a child cannot yet handle alone but can do with the help of more skilled partners. C
- A) transitive inference
  - B) the dynamic systems approach
  - C) the zone of proximal development
  - D) scaffolding
- 81) In the form of teaching known as scaffolding, as a child's competence increases, the adult B
- A) guides and supports the child by modeling the task.
  - B) steps back, permitting the child to take more responsibility for the task.
  - C) enters the zone of proximal development by taking over the child's task.
  - D) introduces the child to a new activity.
- 82) Research demonstrates that early make-believe play is B
- A) less frequent and rich in collectivists cultures than in individualistic cultures.
  - B) the combined result of children's readiness to engage in it and social experiences that promote it.
  - C) usually initiated by toddlers rather than their parents or older siblings.
  - D) discovered by toddlers independently, once they are capable of representational schemes.
- 83) Which of the following is true about make-believe play? C
- A) At the end of the second year, almost all play episodes are initiated by adults.
  - B) Parents and teachers inhibit make-believe by participating with children.
  - C) Make-believe is a major means through which children extend their cognitive skills and learn about important activities in their culture.
  - D) Children who spent a great deal of time in make-believe play tend to be anxious and shy.
- 84) The goal of mental testing is to D
- A) explain how children's thinking changes over time.
  - B) measure the process of cognition.
  - C) show how the environment influences cognitive change.
  - D) measure behaviors that reflect development and to arrive at scores that predict future performance.
- 85) *The Bayley Scales of Infant and Toddler Development B*
- A) emphasize only perceptual and motor responses.
  - B) include a cognitive scale, a language scale, and a motor scale.
  - C) show good long-term predictions of childhood intellectual functioning.
  - D) reflect the same aspects of intelligence assessed in adulthood.
- 86) Intelligence test scores of infants and toddlers often do not reflect their true abilities because A
- A) they easily become distracted, fatigued, or bored during testing.
  - B) the tests emphasize verbal, conceptual, and problem-solving skills.
  - C) the tests cannot be relied on for screening developmental problems.
  - D) the tests only identify infants who are likely to be intellectually gifted as older children.
- 87) Because infant scores do not tap the same dimensions of intelligence measured at older ages, they are conservatively labeled \_\_\_\_\_ rather than IQs. D
- A) perceptual quotients (PQs)
  - B) habituation quotients (HQs)
  - C) distribution quotients (DQs)
  - D) developmental quotients (DQs)
- 88) Today, infant mental tests are largely used for C
- A) predicting later intelligence.
  - B) measuring higher-order cognitive skills.
  - C) screening to help identify babies who are likely to have developmental problems.
  - D) assessing memory, as well as quickness and flexibility of thinking.

- 89) \_\_\_\_\_ is a much better indicator than an early mental test score of how children will do later. A
- A) Warm, responsive parenting
  - B) Organization of the play environment
  - C) Provision of appropriate play materials
  - D) A high DQ score
- 90) Good quality child care B
- A) cannot compensate for the negative effects of a stressed, poverty-stricken home life.
  - B) can reduce the negative impact of a stressed, poverty-stricken home life.
  - C) is the norm in the United States.
  - D) is primarily available to low-SES families with young children.
- 91) Research on child care in the United States shows that C
- A) approximately 80 percent of child-care centers are of high-quality.
  - B) all child-care workers are required to have at least 2 years of college education.
  - C) only 20 to 25 percent of child-care settings in the United States provide a level of care sufficient to promote healthy psychological development.
  - D) settings providing the very worst care tend to serve low-SES families.
- 92) Which of the following is true about early intervention? B
- A) Early intervention programs increase IQ scores during the school years, but the gains are not sustained beyond middle childhood.
  - B) The strongest effects of early intervention occur at sites that offer a mix of center- and home-based services.
  - C) The U.S. Congress recently recognized the successes of early intervention and now fully funds all programs directed at low-income infants and toddlers.
  - D) Even with early intervention, most children born into economically disadvantaged families will not reach their full potential.
- 93) Research showed that by age 3, children in Early Head Start A
- A) demonstrated gains in cognitive and language development.
  - B) demonstrated an increase in aggression.
  - C) experienced a “washout effect.”
  - D) scored, on average, 15 points higher in IQ than children not enrolled in the intervention.
- 94) According to B. F. Skinner, language is acquired as the baby babbles and parents reinforce those sounds that are most like words. This is an example of B
- A) universal grammar.
  - B) operant conditioning.
  - C) classical conditioning.
  - D) the nativist perspective.
- 95) According to some behaviorists, children rely on \_\_\_\_\_ to rapidly acquire complex utterances. C
- A) universal grammar
  - B) innate sounds
  - C) imitation
  - D) interactions
- 96) Efforts to teach language to nonhuman primates D
- A) prove that, with appropriate training, any animal can acquire a vocabulary of several dozen symbols.
  - B) show that, after extensive training, chimpanzees using sign language can produce short sentences with greater consistency than a preschool child.
  - C) have been completely unsuccessful because animals cannot learn even basic language.
  - D) support Chomsky’s assumption that the capacity for elaborate grammar is unique to humans.
- 97) Research on language acquisition indicates that A
- A) childhood is a sensitive period for language acquisition.
  - B) sign language can be learned equally well at any age.
  - C) language learning is optimal after brain lateralization has occurred.
  - D) the right hemisphere of the brain is biased for language processing.

- 98) Social-interactionists emphasize that B
- A) a language acquisition device helps children rapidly learn new words.
  - B) children's social skills and language experiences are centrally involved in language development.
  - C) brain regions housing language also govern similar perceptual and cognitive abilities.
  - D) a single system of grammar underlies all languages.
- 99) Babies everywhere start babbling at about the same age, but for babbling to develop further, D
- A) babies must be able to produce intonation patterns.
  - B) the speech must be in the babies' native language.
  - C) it needs to be paired with rudimentary sign language.
  - D) babies must be able to hear human speech.
- 100) Which of the following is supported by research on babbling? B
- A) Babies of different native languages differ widely in the range of early sounds that they produce.
  - B) A deaf infant not exposed to sign language will stop babbling entirely.
  - C) Deaf infants do not start babbling until much later than hearing infants.
  - D) Deaf infants produce a range of early sounds similar to those of hearing infants.

## CHAPTER 6

### EMOTIONAL AND SOCIAL DEVELOPMENT IN INFANCY AND TODDLERHOOD

USE A NEW SCANTRON:

- 1) According to Erikson's theory, a mistrustful baby C
- A) protects herself by exploring the world.
  - B) will reject her mother and look to other adults for comfort.
  - C) protects herself by withdrawing from people and things around her.
  - D) will develop a disorganized/disoriented attachment.
- 2) Stranger anxiety is C
- A) uncommon in well-adjusted toddlers.
  - B) less likely if the unfamiliar adult picks up the wary infant.
  - C) less common in cultures where babies are frequently passed from one adult to another.
  - D) more common in cultures where babies are frequently passed from one adult to another.
- 3) Once wariness of strangers develops after 6 months, A
- A) babies use the familiar caregiver as a secure base from which to explore.
  - B) other typical fears decline.
  - C) the stranger's style of interaction does little to comfort babies.
  - D) infants resist exploring new environments.
- 4) Research on maternal depression shows that D
- A) infants of depressed mothers have low levels of the stress hormone cortisol.
  - B) it rarely has a lasting impact on the infant, unless it persists for more than a year.
  - C) most mothers with depression require long-term treatment for a full recovery.
  - D) depressed mothers view their infants more negatively than independent observers do.
- 5) Which of the following is true about paternal depression? A
- A) Paternal depression is linked to frequent father-child conflict as children grow older.
  - B) It rarely has a lasting impact on the infant, unless it persists for more than a year.
  - C) Most fathers with depression require long-term treatment for a full recovery.
  - D) Early treatment is quite effective for maternal, but not paternal, depression.
- 6) Some researchers claim that infants respond in kind to others' emotions through a fairly automatic process of B
- A) emotional self-regulation.
  - B) emotional contagion.
  - C) social referencing.
  - D) classical conditioning.

- 7) Infants use \_\_\_\_\_ by actively seeking emotional information from a trusted person in an uncertain situation. D  
 A) self-control B) an internal working model  
 C) emotional self-regulation D) social referencing
- 8) In Erikson's theory, the conflict of toddlerhood, \_\_\_\_\_, is resolved favorably when parents provide suitable guidance and reasonable choices. D  
 A) basic trust versus mistrust B) industry versus inferiority  
 C) initiative versus guilt D) autonomy versus shame and doubt
- 9) According to Erikson, a mother who \_\_\_\_\_ is likely to promote autonomy in toddlerhood. A  
 A) gives a child an extra five minutes to finish playing before they leave the park  
 B) makes her son put away his toys immediately when asked  
 C) picks up her son's toys, puts away his books, and makes his bed on a daily basis  
 D) criticizes her son whenever he incorrectly uses his fork or spoon
- 10) Adults who \_\_\_\_\_ may not have fully mastered the tasks of trust and autonomy during infancy and childhood. B  
 A) establish deep intimate ties with others B) are overly dependent on a loved one  
 C) have well-defined impulse controls D) have a strong sense of individuality
- 11) Infants whose parents \_\_\_\_\_ tend to be less fussy. C  
 A) respond impatiently to their emotional cues  
 B) wait to intervene until the baby becomes agitated  
 C) "read" and respond contingently and sympathetically to their emotional cues  
 D) ignore negative emotion
- 12) \_\_\_\_\_ is early-appearing, stable individual differences in reactivity and self-regulation. A  
 A) Temperament B) Distractibility  
 C) Effortful control D) Emotional self-regulation
- 13) Reactivity refers to the C  
 A) regularity of body functions, such as sleep, wakefulness, and hunger.  
 B) ease with which a child adapts to changes in the environment.  
 C) quickness and intensity of emotional arousal, attention, and motor activity.  
 D) intensity of stimulation required to evoke a response.
- 14) According to Thomas and Chess's research, \_\_\_\_\_ children are at high risk for anxious withdrawal and aggressive behavior in early and middle childhood. D  
 A) inhibited B) easy  
 C) slow-to-warm-up D) difficult
- 15) Heritability research indicates that genes \_\_\_\_\_ to shyness and sociability. B  
 A) do not contribute B) contribute only modestly  
 C) contribute at least half D) contribute significantly
- 16) Overall stability of temperament is B  
 A) very low. B) only low to moderate.  
 C) generally moderate to high. D) very high.
- 17) Persistent nutritional and emotional deprivation \_\_\_\_\_ temperament. C  
 A) has a low to moderate effect on B) is unrelated to stability in  
 C) profoundly alters D) is only slightly correlated with stability in

- 18) Research on temperament shows that C
- A) parents of difficult children often undermine the development of effortful control by ignoring maladaptive behavior.
  - B) cultural context makes little difference in whether shy children adjust well or poorly.
  - C) cultural values affect the fit between parenting and child temperament.
  - D) Russian infants are less emotionally negative and fearful than U.S. infants.
- 19) Toddlers who sleep alone and experience frequent daytime separations from their parents B
- A) usually develop an insecure attachment to their parents.
  - B) sometimes develop strong emotional ties to comfort objects, such as blankets and stuffed animals.
  - C) are at-risk for disorganized/disoriented attachment.
  - D) may develop a secure attachment to their child-care provider but have trouble bonding with their parents.
- 20) Which of the following is supported by research on the stability of attachment patterns between 1 and 2 years of age? B
- A) In low-SES families with many daily stresses, attachment generally moves from insecurity to security.
  - B) Securely attached babies more often maintain their attachment status than insecure babies.
  - C) About 20 percent of disorganized/disoriented babies retain their classification over time.
  - D) Middle-SES babies with secure attachments are the least likely to maintain a stable attachment pattern.
- 21) Spitz's study of institutionalized infants found that the babies experienced emotional difficulties because they were B
- A) abandoned by their mothers.
  - B) prevented from forming a bond with one or a few adults.
  - C) malnourished.
  - D) "late adoptees."
- 22) Compared with securely attached infants, avoidant babies tend to receive \_\_\_\_\_ care. C
- A) disorganized/disoriented
  - B) understimulating, inconsistent
  - C) overstimulating, intrusive
  - D) unresponsive
- 23) Infant characteristics do not show strong relationships with attachment quality because C
- A) temperament is not stable until middle to late childhood.
  - B) most newborns easily form secure attachments with their primary caregivers.
  - C) many child attributes can lead to secure attachment as long as the caregiver behaves sensitively.
  - D) measuring the quality of the emotional bond between parents and their infants is difficult.
- 24) Babies develop attachments to C
- A) a single, special person.
  - B) female caregivers who feed them.
  - C) a variety of familiar people.
  - D) fathers only when their mothers are unavailable.
- 25) Research in diverse cultures demonstrates that fathers' B
- A) warmth contributes little to children's long-term favorable development.
  - B) sustained affectionate involvement protects children against a wide range of childhood emotional and behavioral problems.
  - C) play sensitivity predicts a resistant father-child attachment in adolescence.
  - D) warmth promotes short-term, but not long-term, favorable development.

## CHAPTER 8

### EMOTIONAL AND SOCIAL DEVELOPMENT IN EARLY CHILDHOOD

- 26) According to Erikson, once preschoolers have a sense of autonomy, they become less \_\_\_\_\_ than they were as toddlers. C
- A) playful  
B) industrious  
C) contrary  
D) purposeful
- 27) According to Erikson, one of the major functions of play is to allow children to D
- A) escape from the demands of their lives into a fantasy world.  
B) represent their unconscious wishes and desires symbolically.  
C) show their caregivers the things that are important to them.  
D) try out new skills with little risk of criticism or failure.
- 28) Although Freud's ideas are no longer accepted as satisfactory explanations of conscience development, Erikson's image of \_\_\_\_\_ captures the diverse changes in young children's emotional and social lives. C
- A) the superego  
B) mistrust  
C) initiative  
D) psychosexual stages
- 29) Adults can avoid promoting self-defeating reactions in children by A
- A) adjusting their expectations to children's capacities.  
B) only pointing out large mistakes.  
C) always giving them positive feedback, regardless of actual performance.  
D) only presenting them with easy tasks.
- 30) Emotional competence D
- A) develops from repeated experiences with failure.  
B) results in a decline in self-conscious emotions.  
C) is influenced more by biology than the environment.  
D) is vital for successful peer relationships and overall mental health.
- 31) Research on emotional self-regulation demonstrates that B
- A) the frequency of emotional outbursts increases during the preschool years.  
B) preschoolers know they can blunt emotions by restricting sensory input.  
C) fears are uncommon during the preschool years because young children have good self-regulatory skills.  
D) preschoolers do not yet understand that they can blunt emotions by restricting sensory input.
- 32) Inhibiting impulses and shifting attention through \_\_\_\_\_ are vital in managing emotion during early childhood. A
- A) effortful control  
B) parental redirection  
C) sensory stimulation  
D) self-awareness
- 33) Preschoolers' self-conscious emotions are C
- A) altruistic actions that benefit another person.  
B) independent of parental messages.  
C) clearly linked to self-evaluation.  
D) more intense in children whose parents regularly comment on how to improve performance.
- 34) Children who are sociable and assertive are A
- A) more likely to help, share, and comfort others in distress.  
B) usually poor at regulating emotion.  
C) likely to show a rise in heart rate and lip biting when they see a peer in distress.  
D) often overwhelmed by others' distress.

- 35) When parents have an angry and punitive style, their children A
- A) are often less equipped to show sympathy for others.
  - B) are likely to show sensitive concern for their peers' feelings.
  - C) tend to seek out peers in distress and offer comfort.
  - D) show sympathy, but not empathy, when confronted with an upset classmate.
- 36) Which of the following is true about peer sociability in collectivist versus individualistic societies? B
- A) Children in collectivist cultures spend more time in parallel play than children in individualistic cultures.
  - B) Children in collectivist societies are more willing to include a quiet, reserved child in play than children in individualistic cultures.
  - C) Children in individualistic cultures tend to play in larger groups than children in collectivist cultures.
  - D) Children in collectivist cultures spend more time in joint make-believe play than children in individualistic cultures.
- 37) Four- to 7-year-olds regard friendship as B
- A) sharing thoughts and feelings.
  - B) pleasurable play and sharing of toys.
  - C) having an enduring quality based on mutual trust.
  - D) dependent on caring for one another in times of need.
- 38) Research on friendships shows that D
- A) preschoolers interact in essentially the same ways with both friends and nonfriends.
  - B) preschoolers give more reinforcement to nonfriends than to friends.
  - C) most friendships during the preschool years are based on mutual trust.
  - D) the ease with which kindergarteners make new friends predicts behaviors linked to gains in achievement.
- 39) Research on parental influences on children's peer sociability shows that C
- A) preschoolers whose parents frequently arrange informal peer play activities tend to exhibit weak social skills.
  - B) parents tend to play more with children of the other sex.
  - C) secure attachment to parents is linked to larger peer networks during the preschool years.
  - D) the quality of play with fathers is more strongly linked to social competence among girls than among boys.
- 40) Most theories of moral development agree that at first, a child's morality is D
- A) regulated by inner standards.
  - B) motivated by a fear of retribution.
  - C) driven by compassionate concern.
  - D) externally controlled by adults.
- 41) Research reveals that inductive discipline B
- A) fails to provide children with information about how to behave in future situations.
  - B) helps children notice others' feelings and points out the effects of children's misbehavior on others.
  - C) discourages the development of empathy and sympathy.
  - D) encourages children to comply with rules in order to avoid the loss of parental love.
- 42) Current research indicates that Freud was correct that
- A) children adopt the moral standards of their same-sex parent.
  - B) guilt is an important motivator of moral action.
  - C) children's fear of punishment leads to the development of moral behavior.
  - D) fear of the loss of parental love motivates conscience formation.
- 43) According to social learning theorists, children learn to behave morally D
- A) largely through operant conditioning.
  - B) because prosocial acts often occur spontaneously and then are positively reinforced.
  - C) because they feel empathy-based guilt.
  - D) by observing and imitating people who demonstrate appropriate behavior.

- 44) Frequent punishment B  
A) promotes moral development and prosocial behavior.  
B) promotes immediate compliance, but not lasting changes in behavior.  
C) is more common with school-age children than with toddlers and preschoolers.  
D) produces lasting changes in children's behavior.
- 45) Research on corporal punishment shows that spanking is D  
A) associated with a rise in problem behaviors regardless of the cultural context.  
B) viewed by most Caucasian-American children as a practice carried out with their best interests in mind.  
C) a more effective form of discipline than time out, withdrawal of privileges, or induction.  
D) associated with a rise in problem behaviors if parents are cold and rejecting but not if they are warm and supportive.
- 46) Studies suggest that time out is useful as a disciplinary technique C  
A) because it involves withdrawal of parental love.  
B) only when combined with withdrawal of privileges.  
C) when a child is out of control.  
D) only when a parent is angry enough to need a cooling-off period.
- 47) One strategy of positive discipline is B  
A) punishing children only as a last resort.  
B) reducing opportunities for misbehavior.  
C) allowing children freedom from family routines and duties.  
D) using time out when children are obstinate.
- 48) In contrast to the psychoanalytic and behaviorist approaches to morality, the cognitive-developmental perspective D  
A) focuses on how children internalize standards of good conduct from adults.  
B) emphasizes forms of discipline that encourage and reward good conduct.  
C) encourages the use of corporal punishment to correct misbehavior.  
D) regards children as active thinkers about social rules.
- 49) Compared with siblings in typical families, preschool siblings who have critical, punitive parents are more  
A) passive toward one another. C  
B) likely to be shy and inhibited in social situations.  
C) verbally and physically aggressive toward one another.  
D) emotionally close to one another.
- 50) Highly aggressive children tend to B  
A) be only children.  
B) seek out deviant peer groups.  
C) do as well in school as their nonaggressive peers.  
D) be accepted by peers, but rejected by adults.

## CHAPTER 10

### EMOTIONAL AND SOCIAL DEVELOPMENT IN MIDDLE CHILDHOOD

- 51) According to Erikson, the psychological conflict of middle childhood is D  
A) autonomy versus shame and doubt.  
B) basic trust versus mistrust.  
C) ego versus despair.  
D) industry versus inferiority.

- 52) Beginning in middle childhood, children's self-descriptions start to emphasize C
- A) specific behaviors and observable traits.
  - B) industry over inferiority.
  - C) both negative and positive characteristics.
  - D) internal states and physical attributes.
- 53) As school-age children move into adolescence, self-concept is increasingly vested in A
- A) feedback from close friends.
  - B) parental attitudes.
  - C) information from siblings.
  - D) feedback from teachers.
- 54) Which of the following is true about cultural influences on self-esteem? D
- A) In academic self-judgments, boys have higher language arts self-esteem than girls.
  - B) Boys exceed girls in self-esteem dimensions of close friendship and social acceptance.
  - C) North American children score lower in self-esteem than Asian children.
  - D) Asian children score lower in self-esteem than North American children.
- 55) Over time, the ability of \_\_\_\_\_ children no longer predicts their performance. D
- A) mastery-oriented
  - B) low-SES
  - C) high-SES
  - D) learned-helpless
- 56) Compared to preschoolers, school-age children are more likely to explain emotion by referring to \_\_\_\_\_ than to \_\_\_\_\_. D
- A) observable characteristics; personality traits
  - B) personality traits; psychological qualities
  - C) external events; internal states
  - D) internal states; external events
- 57) During middle childhood, children's emotional understanding develops as they become aware that B
- A) others' facial expressions indicate their feelings.
  - B) people can feel more than one emotion at a time.
  - C) pride and guilt primarily occur when adults are present.
  - D) basic emotions are related to personal responsibility.
- 58) Appreciating mixed emotions helps children realize that A
- A) people's expressions may not reflect their true feelings.
  - B) negative emotions are more frequent than positive emotions.
  - C) positive and negative motions cannot be experienced simultaneously.
  - D) tone of voice is a more accurate predictor of emotion than facial expressions.
- 59) Which of the following is true about emotional self-regulation in middle childhood? B
- A) Problem-centered coping is internal, private, and aimed at controlling distress.
  - B) By age 10, most children shift adaptively between problem-centered and emotion-centered coping.
  - C) When outcomes are beyond their control, school-age children rely on problem-centered coping and seek social support.
  - D) Young school-age children emphasize concern for others' feelings more often than older children.
- 60) Which of the following is true about perspective taking? B
- A) Good perspective takers handle difficult social situations effectively but are inconsistent in their displays of empathy and sympathy.
  - B) Children with poor social skills have great difficulty imagining others' thoughts and feelings.
  - C) Because school-age children are egocentric, they have difficulty understanding others' viewpoints.
  - D) While angry and aggressive children often mistreat adults and peers, they usually experience feelings of guilt and remorse when prompted by awareness of another's viewpoint.

- 61) Which of the following is true about moral development? C
- A) In middle childhood, children typically say truth telling is always good and lying is always bad.
  - B) In middle childhood, children primarily rely on reinforcement to acquire morally relevant behaviors.
  - C) By middle childhood, children have had time to internalize rules for good conduct, which leads them to become considerably more independent and trustworthy.
  - D) While school-age children think about right and wrong, they usually copy their morality from others.
- 62) \_\_\_\_\_ usually decline(s) in middle childhood. D
- A) Social comparisons
  - B) Understanding of social conventions
  - C) A desire for equality
  - D) Prejudice
- 63) Rejected-aggressive children are A
- A) deficient in perspective taking and emotional self-regulation.
  - B) passive and socially awkward.
  - C) bullied more often than rejected-withdrawn children.
  - D) accepted by boys but rejected by girls.
- 64) Despite the concerns of middle childhood, child rearing becomes easier for those parents who established a(n) \_\_\_\_\_ style in the early years. B
- A) authoritarian
  - B) authoritative
  - C) permissive
  - D) uninvolved
- 65) Which of the following statements is true about parent-child relationships in middle childhood? A
- A) When both parents are present, fathers engage in as much caregiving as mothers.
  - B) Fathers spend more time than mothers with school-age children.
  - C) While mothers are highly involved, fathers are more knowledgeable about children's everyday activities.
  - D) Fathers are more concerned than mothers with ensuring that children meet responsibilities in homework, after-school lessons, and chores.
- 66) Fifth and sixth graders describe \_\_\_\_\_ as the most influential people in their lives. C
- A) peers
  - B) best friends
  - C) parents
  - D) siblings
- 67) Which of the following is supported by research on sibling rivalry? A
- A) Sibling rivalry tends to be more frequent among siblings who are close in age.
  - B) Sibling rivalry is greater between brothers and sisters than among same-sex siblings.
  - C) During the middle childhood years, sibling rivalry tends to decrease.
  - D) Sibling rivalry often increases when siblings strive to be different from one another.
- 68) Research demonstrates that only children \_\_\_\_\_ compared to children with siblings. D
- A) exhibit higher rates of antisocial behavior
  - B) have lower self-esteem
  - C) display poorer social skills
  - D) are higher in self-esteem and achievement motivation
- 69) Which of the following is an accurate statement about divorce rates? D
- A) Russia now has the highest divorce rate in the world.
  - B) Children of divorce spend an average of three years in a single-parent home.
  - C) At any given time, one-third of U.S. children live in single-parent households.
  - D) About two-thirds of divorced parents marry again.
- 70) Which of the following statements is true about the immediate consequences of divorce? A
- A) Family conflict often rises in newly divorced households as parents try to settle disputes over children and possessions.
  - B) In the United States, a small minority of single mothers with young children live in poverty.
  - C) About 70 percent of children in divorced families display problems.
  - D) Contact with noncustodial fathers usually increases over time.



- 79) Girls exposed to family conflict tend to reach menarche \_\_\_\_\_, whereas those with warm family ties tend to reach menarche \_\_\_\_\_. D  
A) relatively late; early  
B) on target; late  
C) at the same age as their mothers; earlier than their mothers  
D) early; relatively late
- 80) Threats to \_\_\_\_\_ health accelerate puberty, whereas threats to \_\_\_\_\_ health delay it. A  
A) emotional; physical  
B) physical; social  
C) social; emotional  
D) physical; emotional
- 81) Which of the following statements about secular trends in pubertal development is true? B  
A) In industrialized nations, the age of menarche increased steadily from 1900 to 1970.  
B) In industrialized nations, the age of menarche declined steadily from 1900 to 1970.  
C) In North America and some European countries, rates of overweight and obesity rise sharply during puberty.  
D) In industrialized nations, the age of spermatarche increased steadily from 1900 to 1970.
- 82) During puberty, the neurons become more responsive to excitatory neurotransmitters. As a result, adolescents C  
A) handle stressful events better than most adults.  
B) experience pleasurable stimuli less intensely, causing them to seek outside stimulation, such as illicit drugs.  
C) react more strongly to stressful events and experience pleasurable stimuli more intensely.  
D) require less nightly sleep than school-age children and adults.
- 83) Adolescents feel most comfortable with peers who C  
A) are older.  
B) are slightly younger.  
C) match their own level of biological maturity.  
D) mature later than they do.
- 84) The most common nutritional problem of adolescence is \_\_\_\_\_ deficiency. C  
A) calcium  
B) protein  
C) iron  
D) zinc
- 85) \_\_\_\_\_ is a tragic eating disturbance in which young people starve themselves because of a compulsive fear of getting fat. D  
A) Bulimia nervosa  
B) Addictive starvation  
C) Food insecurity  
D) Anorexia nervosa
- 86) Boys account for about \_\_\_\_\_ percent of cases of anorexia. B  
A) 5  
B) 10  
C) 15  
D) 20
- 87) Carlie engages in strict dieting and excessive exercise accompanied by binge eating, often followed by purging. Carlie suffers from A  
A) bulimia nervosa.  
B) food insecurity.  
C) marasmus.  
D) anorexia nervosa.
- 88) Compared to other cultures, North American adolescents have D  
A) very open sexual attitudes.  
B) a more open attitude toward homosexuality.  
C) little or no information about sex.  
D) relatively restrictive sexual attitudes.
- 89) About \_\_\_\_\_ percent of U.S. adolescents report having had sexual intercourse. B  
A) 25  
B) 35  
C) 50  
D) 65

- 90) Research shows that many adolescents do not use contraception during sexual activity because they A
- A) fail to apply their reasoning skills to everyday situations.
  - B) enjoy the thrill of risky behavior.
  - C) receive inaccurate information on pregnancy and STDs.
  - D) are unable to determine the consequences of their actions.
- 91) Which of the following statements is true? A
- A) Attraction to members of the same sex is not limited to teens who identify as gay or lesbian.
  - B) Most homosexual adolescents are gender deviant in dress and behavior.
  - C) About 85 percent of adolescents who report having engaged in homosexual acts identify as homosexual.
  - D) Researchers have yet to identify a link between heredity and homosexuality.
- 92) Which of the following statements is true about the spread of STDs, including AIDS? D
- A) It is at least five times as easy for a male to infect a female, as for a female to infect a male.
  - B) It is at least five times as easy for a female to infect a male, as for a male to infect a female.
  - C) It is just as easy for a female to infect a male, as for a male to infect a female.
  - D) It is at least twice as easy for a male to infect a female, as for a female to infect a male.
- 93) Teenage pregnancies are a far greater problem today than several decades ago because C
- A) most public schools teach abstinence only, which does little to prepare teens for safe sex.
  - B) the stigma of teenage parenthood is much worse and many couples refuse to adopt the baby of a teenage mother.
  - C) adolescents are far less likely to marry before childbirth, increasing the negative consequences for both mother and baby.
  - D) most adolescents lack the knowledge and resources to protect themselves from unwanted pregnancies.
- 94) Which of the following statements is true of teenage mothers? D
- A) Most experience serious birth complications.
  - B) Most receive state-mandated child support payments from the father.
  - C) They are less likely to divorce if they do marry.
  - D) They have a 30 percent likelihood of dropping out of high school.
- 95) Which substance do American adolescents experiment with most during high school? B
- A) cigarettes
  - B) alcohol
  - C) marijuana
  - D) cocaine
- 96) By the end of high school, 50 percent of teenagers have experimented with illegal drugs. These numbers D
- A) are most likely inaccurate since adolescent drug users rarely admit to their behavior.
  - B) show a substantial increase since the mid-1990s, despite greater focus on the hazards of drug use.
  - C) show that drug use has changed little since the mid-1990s, despite increased focus on the hazards of drug use.
  - D) represent a substantial decline since the mid-1990s, probably resulting from increased focus on the hazards of drug use.
- 97) According to Piaget, around age 11, young people enter the formal operational stage of development, in which they D
- A) are strongly motivated to experiment with new memory strategies.
  - B) require concrete things and events as objects of thought.
  - C) cannot separate the effects of variables in problem solving.
  - D) are able to come up with new, general logical rules through internal reflection.
- 98) Adolescents who reach the formal operational stage of cognitive development C
- A) can only operate on reality.
  - B) cannot "operate on operations."
  - C) no longer require concrete things and events as objects of thought.
  - D) cannot yet come up with general logical rules through internal reflection.

- 99) Kia, age 14, uses hypothetic-deductive reasoning. Therefore, she probably A
- A) makes predictions about variables that might affect an outcome and then deduces logical, testable inferences from that hypothesis.
  - B) starts with what she knows, conducts observations, and revises her approach to problem solving.
  - C) cannot yet think of alternatives when her predictions about an outcome are not confirmed.
  - D) is strongly motivated to identify and experiment with new memory strategies, although she may not yet use new strategies effectively.
- 100) The primary factor that prevents college students and adults from displaying formal operational thinking in some situations is that A
- A) they do not have enough experience and practice in using such reasoning.
  - B) they fail to use memory strategies effectively.
  - C) this kind of thinking is not especially useful in our society.
  - D) there is a cultural stigma associated with formal operations.